

COLLEGE RESOURCES

Websites

Two New Guides on College Campus Suicide Prevention (2008)

Two organizations devoted to suicide prevention on college campuses have published guides: one for college administrators and staff, and the other for students. The Jed Foundation published [*Student Mental Health and the Law*](#) for campus professionals, and the Bazelon Center for Mental Health Law created [*Campus Mental Health: Know Your Rights*](#) for students.

The Jed Foundation was established in order to prevent suicide on college campuses and focus on the underlying causes of suicide. This site includes ULifelines and a self evaluator, an on-line assessment tool. www.jedfoundation.org

The Suicide Prevention and Resource Center has information for Colleges and Universities including a site for Campus Suicide Prevention and Mental Health at www.sprc.org

The Truth about Suicide: Real Stories of Depression in College (27 minute video with facilitator's guide from the American Foundation for Suicide Prevention) Available for loan from the Information and Resource Center at 1-800-499-0027 (Maine only).

Screening for Mental Health—CollegeResponse offers programs to promote prevention, early detection and treatment of prevalent, under-diagnosed and treatable mental health disorders and alcohol problems affecting college students. Through online and in-person screening tools, CollegeResponse provides confidential and effective programs for: depression, bipolar disorder, anxiety, post-traumatic stress disorder, eating disorders, and alcohol problems. www.mentalhealthscreening.org/college/index.aspx

What A Difference A Friend Makes is a campaign directed at friends of 18-25 year olds who are diagnosed with a mental illness. The campaign was developed by the Ad Council and SAMHSA and features TV and radio PSAs, a campaign brochure, and a web site at www.whatadifference.org

The MTV network in partnership with the Jed Foundation has re-launched www.halfofus.com the web-based portion of their "Half of Us" campaign developed to reduce college student suicides, combat stigma associated with mental illness, and connect students with appropriate mental health services.

Active Minds on Campus is a student-run mental health awareness, education, and advocacy organization. The group's mission is to utilize peer outreach to:

- Increase student's awareness of mental health issues;
- Provide information and resources regarding mental health and mental illness;
- Encourage students to seek help as soon as it is needed; and
- Serve as liaison between students and the mental health community.

www.activeminds.org

Information about common problems in college including mental disorders. - www.campusblues.com

One in 5 college students will experience a mental illness, but most of them won't seek help. Why? Because of stigma. The SAMHSA Resource Center to Address Discrimination and Stigma Associated with Mental Illness (ADS Center) is working to counter stigma and has resources that provide information to help college students, parents, teachers, administrators, and health professionals:

1.) *Combating Stigma on Campus* is an archived teleconference training that offers suggestions for reducing stigma on college campuses. To download the complete presentation and listen to the audio recording, visit the ADS Center Web site at

<http://www.stopstigma.samhsa.gov/teleconferences/archive/default.aspx>. Instructions for play and download are listed on the Web site.

2.) *Mental Health: It's Part of College Life* is an online brochure that offers ideas for generating mental health awareness on campus. It's written for college students, but can be used by anyone to help reduce stigma. It's available online at <http://www.stopstigma.samhsa.gov/publications/collegelife.aspx>

Youth Suicide Fact Sheet available from the American Association of Suicidology <http://www.suicidology.org/web/guest/stats-and-tools/fact-sheets> contains information about college suicide statistics

Books

Perspectives on College Student Suicide (1994) Rickgarn, Ralph L.V. Baywood Publishing Company, Incorporated, 244 pp.

Assessment, Treatment, and Prevention of Suicidal Behavior (2005) ed. Yufit, Robert, I. and Lester, David. Wiley, John & Sons, Incorporated, 482 pp.

Resident Assistant: Applications and Strategies for Working with College Students in Residence Halls (2003) Blimling, Gregory. Kendall/Hunt Publishing Company, 385 pp.

College of the Overwhelmed: The Campus Mental Health Crisis and What to Do About It (2005) Kadison, Richard D. and DiGeronimo, Theresa Foy. Wiley, John & Sons, Incorporated. 304 pp.

College Student Suicide (1991) Whitaker, Leighton C. and Slimak, Richard E. ed. The Haworth Press, Incorporated. 231 pp.

Campus Mental Health: What College and University Administrators Need to Know, Paper Clip Communications

General Resources

Suicide Prevention Resource Center - <http://www.sprc.org>

American Foundation for Suicide Prevention - <http://www.afsp.org>

American Association of Suicidology - <http://www.suicidology.org>

Stop A Suicide Today! Screening for Mental Health - <http://www.stopasuicide.org>

The Centre for Suicide Prevention - <http://suicideinfo.ca>

SAVE: Suicide Awareness Voices of Education - <http://www.save.org>

Suicide Prevention Action Network (SPAN) USA, Inc. - <http://www.spanusa.org>

The National Organization for People of Color Against Suicide - <http://www.nopcas.com>

Link's National Resource Center for Suicide Prevention and Aftercare - <http://www.thelink.org>

National Strategy for Suicide Prevention - <http://www.mentalhealth.samhsa.gov/suicideprevention>

National Alliance on Mental Illness (NAMI) - <http://www.nami.org>

GLBT National Help Center - <http://www.glnh.org>

Maine Youth Suicide Prevention Program - <http://www.mainesuicideprevention.org>

Hotlines

Grad Student Crisis Line - <http://www.preventsuicide.us/hopeline-new/gethelpnow.html>
1-877-472-3457

The Trevor Helpline - <http://www.thetrevorproject.org>
1-866-4.U.-TREVOR; 1-866-480-7386

A national 24 hour, toll-free suicide prevention hotline aimed at gay and questioning youth.

National Suicide Prevention Lifeline - <http://suicidehotlines.com/national.html>
1-800-273 TALK
1-800-273-8255

Gay and Lesbian National Hotline
1-800-246-PRIDE
1-800-246-7753

GLBT National Youth Talkline
1-888-THE-GLNH
1-888-843-4564

Maine Crisis Hotline
1-888-568-1112

Warm Lines

Maine Warm Line
1-866-771-9276

Peer to peer support serving adults in Maine from 5:00 p.m. to 8:00 a.m. daily

Developed by the Maine Youth Suicide Prevention Program March 2010

